Table G3.A13. Meta-Analysis and Review Article on Diabetes and Physical Activity Studies for Primary Prevention of Diabetic Neuropathy, Nephropathy, or Retinopathy

Author, Journal, Year (Type of Microvascular Complication, e.g., Neuropathy, Nephropathy, or Retinopathy)	N	Random/Control	Intervention/Measures	Finding
Snowing NJ Diabetes Care 2006 (1) (retinopathy)	27 studies in 1,033 T2D subjects	Meta-analysis	Classified PA training as aerobic, resistance, or combined aerobic and resistance training Change in HbA1c pre-post training	↓ HbA1c reduced 0.8 ± 0.3% by exercise interventions lasting ≥ 12 weeks with non-significant differences between PA as aerobic, resistance, or combined training

↓ decrease; PA, physical activity; T2D, type 2 diabetes

Reference List

1. Snowling NJ, Hopkins WG, Effects of different modes of exercise training on glucose control and risk factors for complications in type 2 diabetic patients: a meta-analysis. Diabetes Care 2006 Nov;29(11):2518-27.